PREPARING YOUR CLOTHES THE NIGHT BEFORE

I do hate "Mad Rush Monday." You know that morning, the day after the weekend, trying to get back into the schedule, and nothing seems to be where it should be. And then tempers can get short, people can even snap and be mean to one another. If only there was a way to prevent this.

FLIP OVER FOR YOUR NEXT CHALLENGE

SKILL TREK
FIELD GUIDE FOR LIFE

Well, I'm not saying I have the fix for all of this, but I will say that ever since I have started preparing my clothes the night before, my morning is now super chill.

I wake up and there are my clothes waiting for me. In fact, it worked so well, if I am going out somewhere the next day, I try to have everything packed and ready to go too. Then I just have to get up, wash, have some breakfast, and I'm ready to climb some boulders.

I did also try eating breakfast the night before, but that didn't work so well.

EARN THIS NUGGET

- Pick out the clothes that you will be wearing tomorrow. You may need to get your parents approval on what you plan to wear. Have your clothes laid out for you to be ready to go.
- Do this for ten school days in a row and the nugget is yours, my friend.